

FORGING THE FUTURE:



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Friday FACTS

4 June 2004

"Leadership, Partnership, and Championship"

Year 2004 Command Excellence in Health Promotion Award Criteria Now Available

The criteria for the Year 2004 NEHC Command Excellence in Health Promotion Awards is now available on the NEHC HP website: <http://www-nehc.med.navy.mil/downloads/hp/Commandaward2004.doc>. Postmark deadline for submission of award packages is 12 November 2004. Any questions regarding the criteria for submission of an award package should be directed to HP-Training@nehc.mar.med.navy.mil

Wellness Starts With Not Smoking

Did you know that tobacco use is the leading actual cause of death in the United States? Smoking not only causes lung diseases (such as lung cancer, emphysema, and chronic bronchitis), it can also increase your risk for:

- Heart disease
- Stroke
- Early menopause
- Osteoporosis
- Cancer of the throat, mouth, esophagus, pancreas, kidney, bladder and cervix
- Infertility
- Wrinkles

Smoking while you're pregnant can cause serious and even life-threatening health risks for your baby. It increases your chances of a miscarriage, stillbirth, infant death, premature or early birth, or having a baby with a low birth weight. If you smoke and breastfeed, your baby is exposed to the same harmful chemicals that you are.

Steps to Quit Smoking

It often takes people who want to quit smoking several tries before they can quit for good. The nicotine in cigarettes is very addictive. Giving up smoking is hard to do, but it can be done. Here are some tips to help you quit:

- * Pick a date to stop smoking.
- * Tell family, friends, and coworkers that you plan to quit. Ask them for their support.
- * Create a fund. Put the money that you would have spent on cigarettes in a special place. Set a goal for yourself. When you reach the goal, use the fund to treat yourself.
- * Plan for challenges. If you get the urge to smoke, try to do something else—talk to a friend, go for a walk, or do something you enjoy. Reduce your stress with exercise, meditation, or a hot bath. Keep sugar-free gum handy to help handle cravings.
- Remove cigarettes from your home, car, and workplace.
- Talk to your health care provider about medications to help you quit, such as the nicotine patch, nicotine gum, or an antidepressant medication that can help relieve nicotine withdrawal and the urge to smoke.

- Get more help if you need it. Join a quit-smoking program or support group to help you quit.

For more information on how to quit smoking:

National Women's Health Information Center
A Breath of Fresh Air—Independence from Smoking
www.4woman.gov/QuitSmoking
(800) 994-9662
National Cancer Institute
Smoking Quitline
www.smokefree.gov
877-44U-QUIT

CDC National Center for Chronic Disease Prevention and Health Promotion
Tobacco Information and Prevention Sources (TIPS)
www.cdc.gov/tobacco
HealthierUS.gov
www.healthierus.gov/behaviors.html
You Can Quit Smoking Consumer Guide
www.cdc.gov/tobacco/quit/canquit.htm



Source: "Women's Steps to a HealthierUS: Wellness Starts With You!", 2004 Daybook, National Women's health Information Center.